

# ***CTE Intro for Dummies: How to CRAM it all in!***

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10 Objectives + 9 weeks (or 12 if your on trimester) = **CRAZY!!** But, not impossible!

How on earth do you cram it all in?

1. Break it down
  - a. 3 basic units = 3 weeks per unit
    - i. Clothing and Textiles
    - ii. Food and Nutrition
    - iii. Family Relationships and Child Care
2. Combine and conquer
  - a. See where objectives overlap or can be taught together
  - b. Curriculum guide= only a guide, not the objectives!
  - c. Change it up! You get bored, too. Do something new or different!
3. Use themes! They love it!
  - a. Threading the sewing machine: THREAD WARS (like STAR WARS)
  - b. Textile Technology: Monsters, INC. (human loom, research nanotechnology)
  - c. Agriculture: "Great Balls of Fire," burn fibers as you discuss where they come from and what they make, etc.
  - d. Family Communication and support: "We're All in this Together," "Ain't No Mountain High Enough," "If My Sister's In Trouble," "We Are Family"
  - e. Family Olympics
  - f. Food and Nutrition: Food Guide Pyramid Jungle
  - g. Food Safety and Sanitation: Operation RISK, CTE Intro Academy Awards
  - h. Business Simulation: Restaurant (with theme music: tropical, Italian, Jazz, country, etc.)
4. Simplify, simplify, simplify!
  - a. Get ideas from other people.
  - b. Don't change everything at once!
  - c. Try one unit as a theme, then go from there.
5. Ideas for units

### **Clothing and Textiles**

- ☐ Agriculture: Where does the fiber come from?
- ☐ Textile Business: Human Loom
- ☐ Textile Technology: Wool Bracelets
- ☐ Sewing Machine: Sewing Project
- ☐ Business Simulation: Assembly Line Production: Baby Fleece Hats?
- ☐ First Aid: Sewing Lab Safety

### **Food and Nutrition**

- ☐ Nutrition: Food Guide Pyramid Jungle  
Reading labels, Food Guide Pyramid,  
Healthy Eating Habits
- ☐ Food Safety and Sanitation: Operation RISK,  
First Aid
- ☐ Food Preparation: Popcorn Comparison LAB,  
Oatmeal Munchies LAB, Fried Rice LAB
- ☐ Business Simulation: Restaurant Simulation  
Experience

### **Family Relationships and Child Care**

- ☐ Family Ties: Family flag, definitions/types of families, Blanket Activity (working together, communication, how one affects the family)
- ☐ Child Care: Children's basic needs, Maslow's Hierarchy of Needs, Responsibilities of Care Provider
- ☐ Preschool Preparation: How to run a successful preschool, plan the preschool, practice
- ☐ Preschool Simulation Experience
- ☐ Babysitting Kit: Put together a kit for babysitting
- ☐ First Aid:

### **Career Day in FACS**

Have your students present different careers in FACS area, like a career fair.